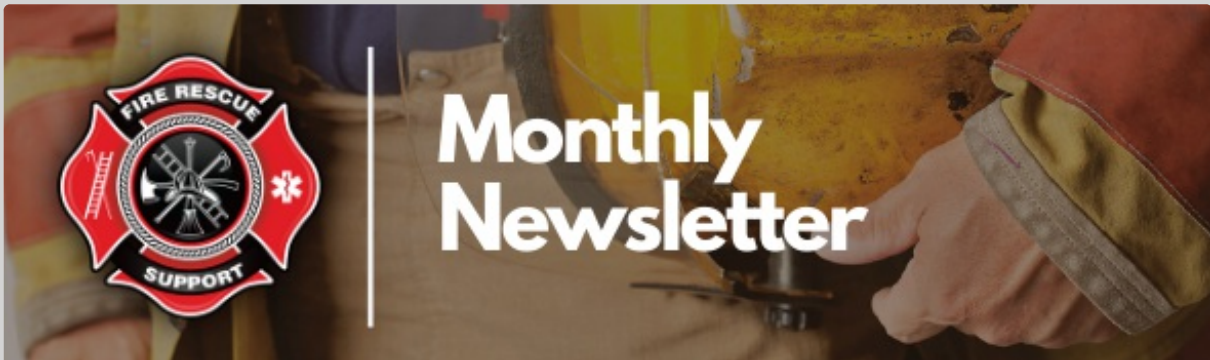


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Tweet



## June 2023

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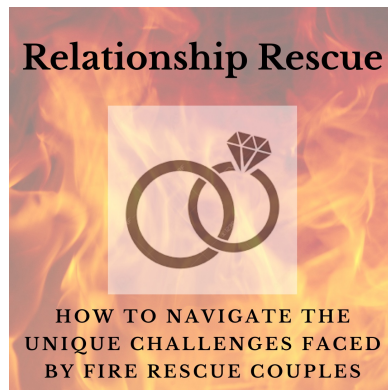


There are over 3 Million cases of PTSD in the U.S. annually. Join us as we walk together to bring awareness and help.

In Marion County, the walk will take place on Tuesday, June 27, which is National Teal Out Day. The 2.2 mile walk will take place at the McPherson Governmental Campus Wellness Trail from 8:00am - 9:30am.

Teal shirts are on sale now through the end of the month for \$22 and can be purchased at <https://marionvetpark.com/ptsd>. All proceeds benefit the Friends of Marion County Veterans Park Foundation, Fire Rescue Support, and the Marion County Community Foundation.

There will also be vendors and sponsors with information and resources for those that are wanting to seek help. We invite you to purchase a shirt and walk with us to bring awareness to PTSD and how we can help ourselves and each other!



## **Don't Allow Small Things to Become Big Things**

Ephesians 4:2

"Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love."

We've all been there. We're 10 minutes into an argument when we realize what we're fighting about is really not a big deal. So how do we keep from getting here in the first place? Here's a couple of ideas.

First, learn to believe the best about your spouse instead of assuming the worst. That's how we want to be treated, but we don't do great at extending that to our spouse.

Second, be quick to forgive and truly put the past behind you. "I'm sorry" is great, but "I remember when..." can be devastating.

Third, extend grace and mercy to the one you love. You married an imperfect person; someone just like you! So be kind, patient, and gentle.

Don't allow small things to become big things. Keeping things in perspective will go a long way into helping you do this.

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## **Coming Events**

Save the Date!  
FEDERATION OF FIRE CHAPLAINS  
**2023 ANNUAL CONFERENCE**  
*October 14 - 19, 2023*

*Pre-Conference*  
*October 14 - 15, 2023*

## **Building Resiliency Through Chaplaincy**

Hilton St. Petersburg Carillon Park  
950 Lake Carillon Drive  
St. Petersburg, FL 33716  
(727) 540-0050



ReservationDesk.com: 833-474-0541  
Closest Airport: St. Pete-Clearwater Airport

Look for upcoming registration information:  
[www.FFC.Wildapricot.org](http://www.FFC.Wildapricot.org)  
&  
[www.AllFirstRespondersMatter.org](http://www.AllFirstRespondersMatter.org)

*Click on the image for more information*



*"But Moses hands were heavy; and they took a stone, and put it under him, and he sat thereon; and Aaron and Hur stayed up his hands, the one on the one side, and the other on the other side; and his hands were steady until the going down of the sun." (Exodus 17:12)*

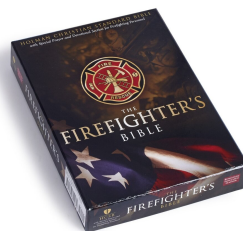


*Hosted by:*

*All First Responders Matter  
Foundation Cooperation*

*Chaplain Milton Smith  
(727) 798-5718*

*Chaplain Jimmie Duncan,  
FFC Executive Director*



*Click image for more information*

## **Faith in the Fire**

Chaplain Joe LaCognata shares about some of the unique challenges faced while trying to live out faith in the fire service.



## Upcoming CISM Training

July 11-13, 2023  
Rockledge, FL

August 22-24, 2023  
Plantation, FL

Contact us to host training at your agency

[Click here for more information and to register](#)



## Stress Management Information

Click the logo for information on how to better manage your stress.

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## In Remembrance

The following firefighters died in the line of duty during the month of May

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5/9 - Richard Michael Hempel - Groesbeck, TX

5/25 - Kyle Thomas Osgood - Farmland, IN

5/26 - James Michael Muller - Columbia, SC

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**30 firefighters have died in the line of duty in 2023**

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## Our Vision

Imagine an organization committed to one task – supporting fire rescue personnel. From their work in the field to their lives at home, picture an organization working to equip these first responders to be more successful on the job and in life. Envision an organization that extends the support of those serving in fire rescue by offering care and comfort to the people they serve. Finally, picture an organization that would impact emergency services workers all across the country. That organization is Fire Rescue Support – supporting fire rescue personnel before, during and after the call.



## Donate Today

As a non-profit organization, Fire Rescue Support operates thanks to the generosity of individuals, churches and other organizations. You can give online by clicking the PayPal logo.



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